



## Sissel Pilates Soft Ball gray

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The Soft Ball is especially suitable for the spine and abdominal muscles. It is easy to inflate. In addition, you will receive exercise instructions.

CHF 14.90

- Deep relaxation with the Sissel Pilates Soft Ball
- to strengthen the muscles
- to inflate
- Incl. exercise instructions
- Color: gray
- Dimensions: 22cm and 26cm